



Physical Activity Opportunities for School-age Children and Adolescents

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Mission

The Physical Activity and Nutrition (PAN) Branch's mission is to reverse the rising tide of obesity and chronic diseases among North Carolinians, by helping them to eat smart, move more and achieve a healthy weight.

Goal

To help North Carolinians ...

- Achieve the recommended levels of physical activity
- Enjoy more fruits and vegetables and eat fewer sweet and fatty foods and drinks by making health foods available and more attractive
- Improve access to healthy eating and physical activity at worksites

Physical Activity Recommendations

Children and adolescents should engage in **60 minutes** or more of daily physical activity.

Variety of activities: aerobic, muscular strengthening and bone strengthening.

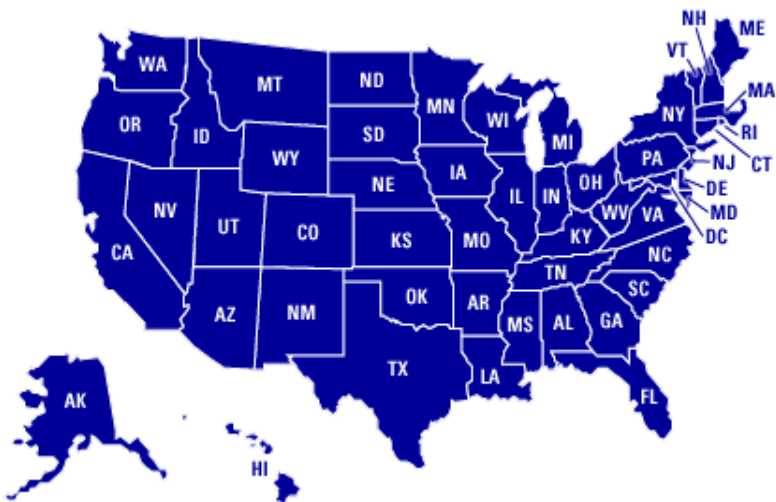
- Physical Activity Guidelines for Americans 2008



North Carolina: Bottom Third in Health

35th out of 50 overall

42nd for
43rd for
36th for
39th for
33rd for
deaths from
heart disease
& smoking

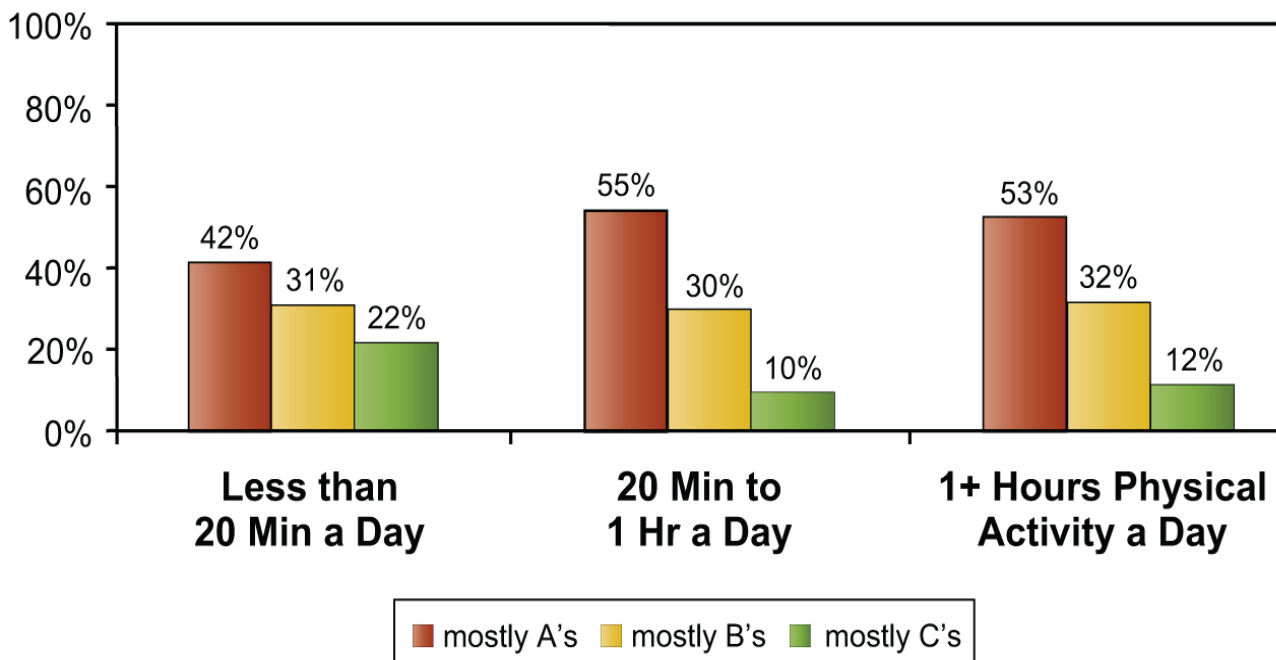


Nearly **one out of three** children in North
Carolina is overweight or obese

(CHAMP 2010, NC – NPASS 2010)

Childhood obesity is putting today's youth on a course to potentially be the first generation to live shorter, less healthy lives than their parents.

Parental Report of Child's Grades in School by Child's Daily Activity Level



Focus

- Increasing access to physical activity for all North Carolinians: children, adolescents and adults
 - In School
 - After School
 - Faith Communities
 - Neighborhoods





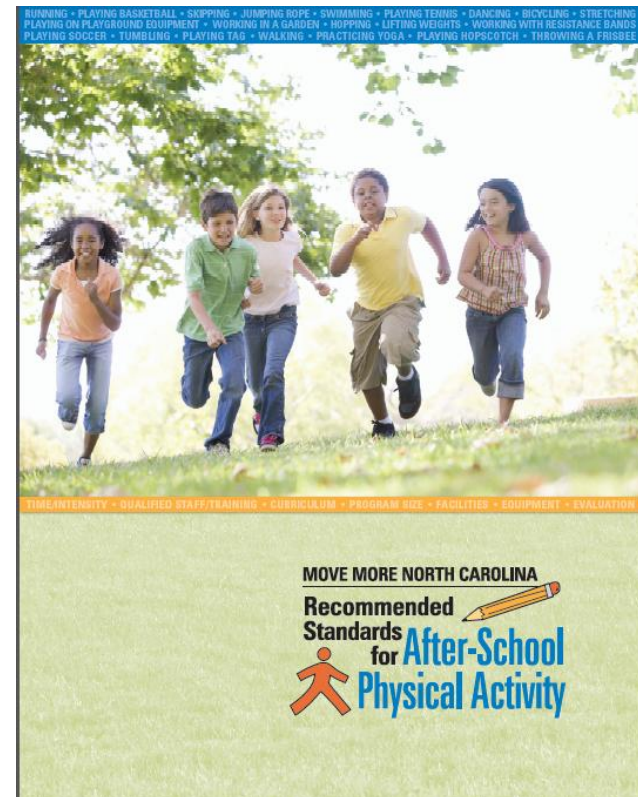
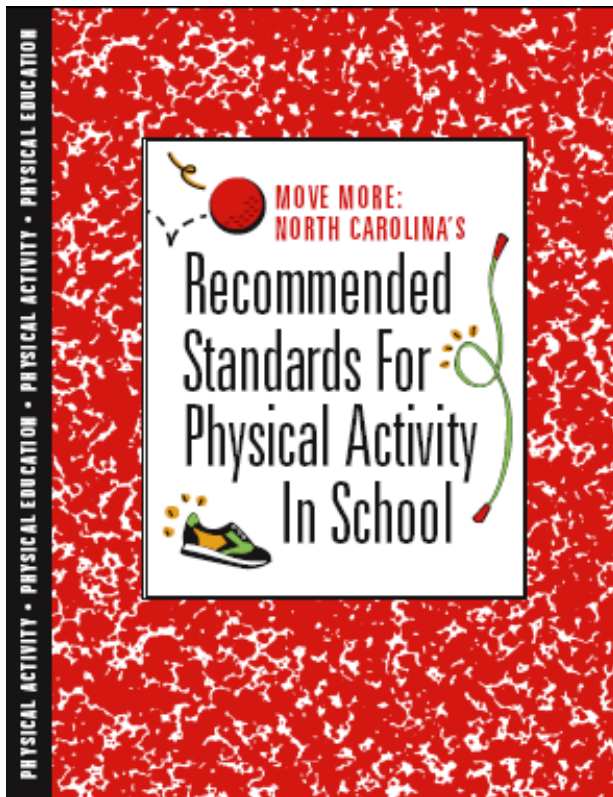
Speed
Limit 45
mph



Making Physical Activity the Easy Choice

- Standards for physical activity in school and after school
- Community opportunities for recreational physical activity
- Environments that make physical activity the easy choice

Partnership with Department of Public Instruction



Partnership with the Department of Public Instruction

- HSP-S-000 Healthy Active Children Policy
- Session Law 2010-61; House Bill 1757 – Fitness Testing Guidelines
- Session Law 2009-334; House Bill 1471- Joint Use Agreements

Making Physical Activity the Easy Choice

The Physical Activity and Nutrition Branch is one of many statewide partners working to help school age children and adolescents move more.

Physical Activity Opportunities Early Childhood Years



Alice Lenihan, MPH, RD, LDN
Branch Head
Nutrition Services Branch
Division of Public Health



Outline

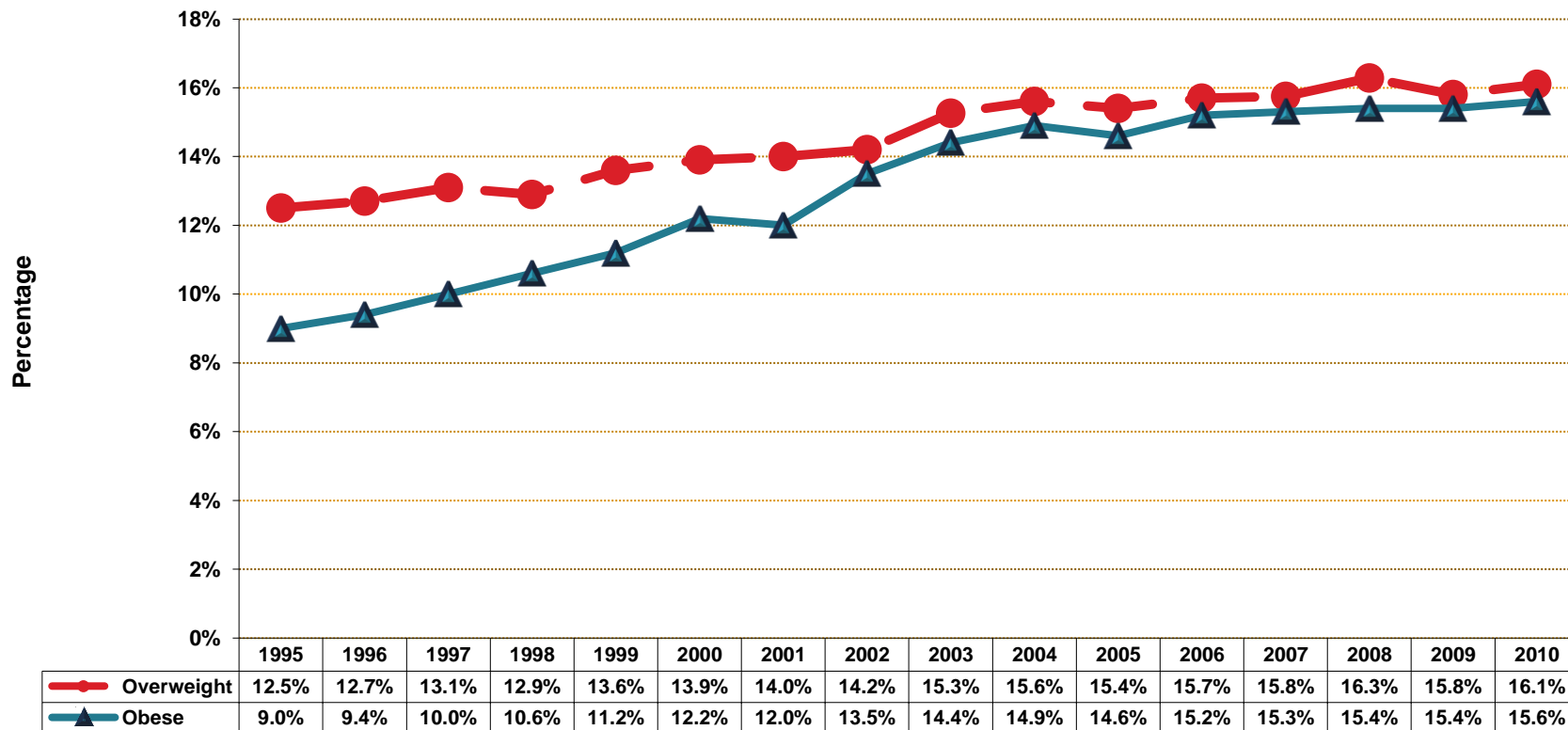
- ▶ Overweight and obesity preschool children
- ▶ Physical activity in preschool children
- ▶ North Carolina policies to improve physical activity
- ▶ Public Health opportunities to influence physical activity in preschool children
- ▶ Division of Public Health Childcare Wellness Grants

Definition of Overweight and Obesity in Children and Adolescents

Weight Status Category	Percentile Range
Underweight	Less than the 5th percentile
Healthy Weight	5th percentile to less than the 85th percentile
Overweight	85th to less than 95th percentile
Obese	Equal or greater than the 95th percentile

Reference: www.cdc.gov/healthyweight/assessing/bmi/childrens_bmi/about_childrens_bmi.html

Prevalence of overweight¹ and obese² children 2 to <5 years of age, NC-PedNSS³ 1995 - 2010

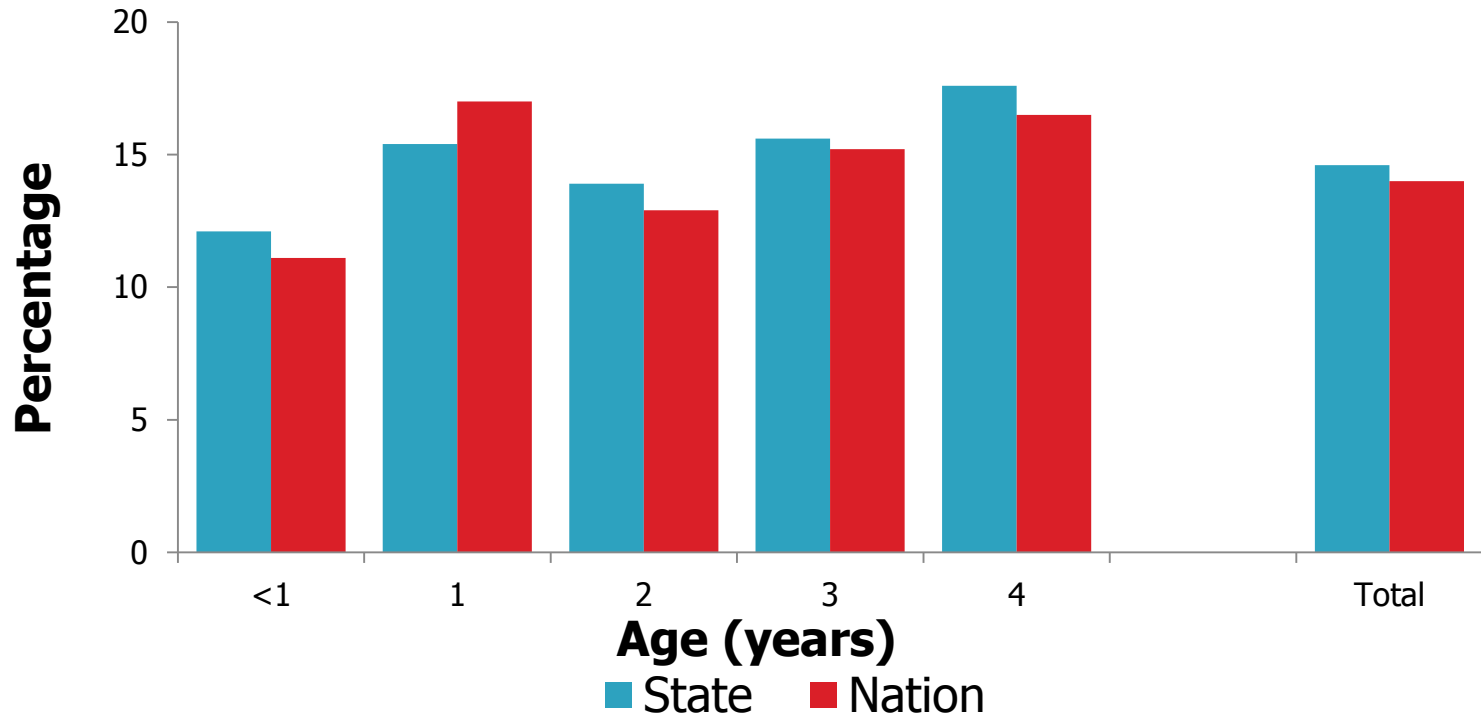


(¹) BMI-for-Age Percentiles ≥ 85 th and < 95 th Percentile

(²) BMI-for-Age Percentiles ≥ 95 th Percentile

(³) North Carolina-Pediatric Nutrition Surveillance System (NC-PedNSS) is limited to data on children seen in North Carolina Public Health Sponsored WIC and Child Health Clinics and some School Based Health Centers. Percentiles were based on the CDC/NCHS Year 2000 Body Mass Index (BMI) Reference.

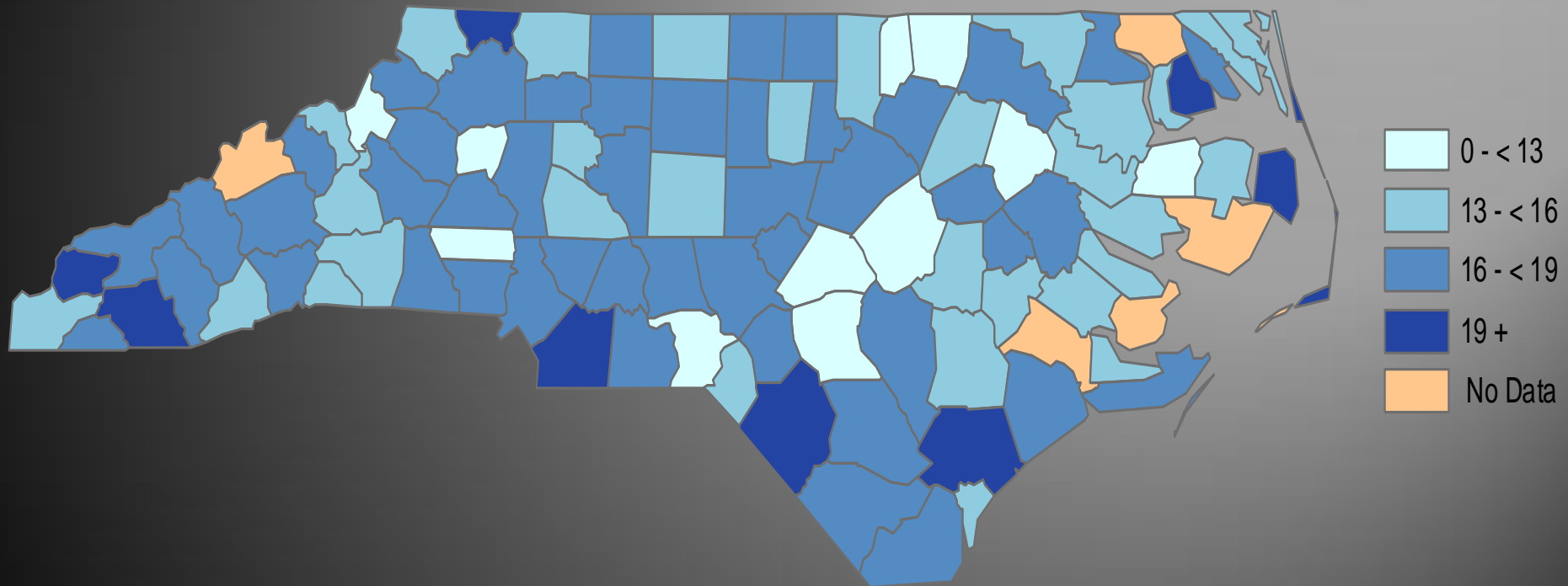
Prevalence of obesity* by age in years NC vs. US—PedNSS** 2010



*Obese: \geq 95th percentile BMI-for-age; CDC Growth Charts, 2000. . 5% of children are expected to fall above the 95th percentile

**North Carolina-Pediatric Nutrition Surveillance System (NC-PedNSS) is limited to data on children seen in North Carolina Public Health Sponsored WIC and Child Health Clinics and some School Based Health Centers.

Prevalence of overweight* among children aged 2 to < 5 years, by county, NC-PedNSS**, 2010

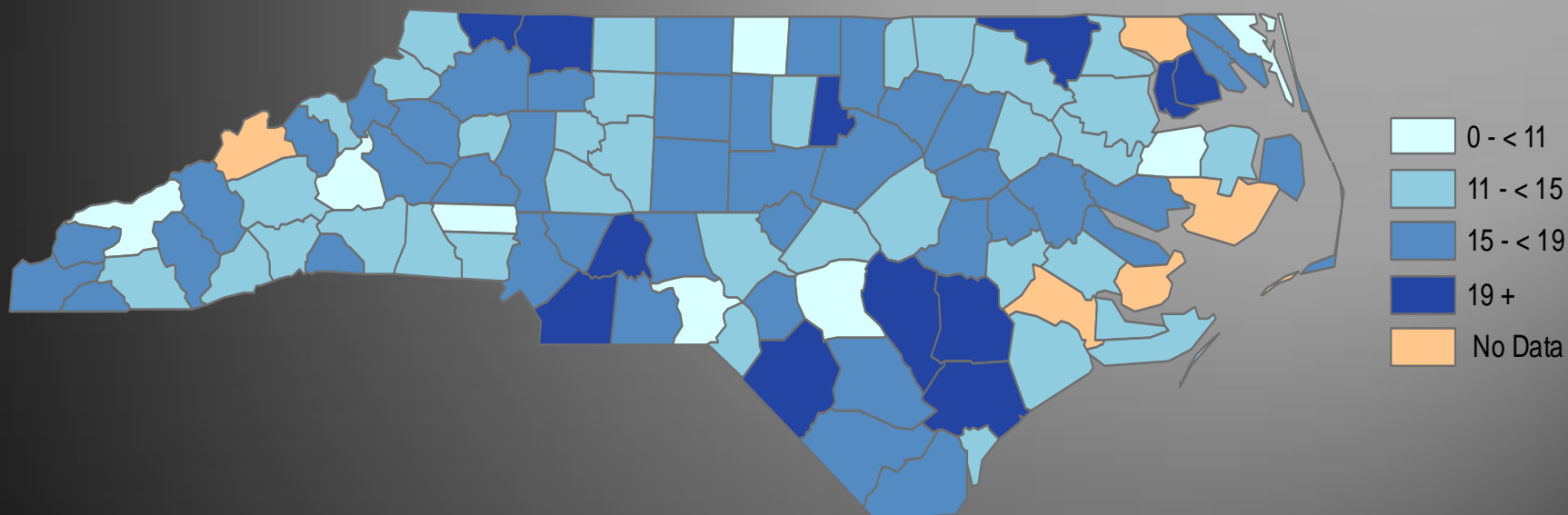


* $\geq 85^{\text{th}}$ -<95th percentile BMI-for-age, CDC Growth Charts, 2000.

10% of children are expected to fall between the 85th and 95th percentiles.

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Prevalence of obesity* among children aged 2 to < 5 years, by county, NC-PedNSS**, 2010

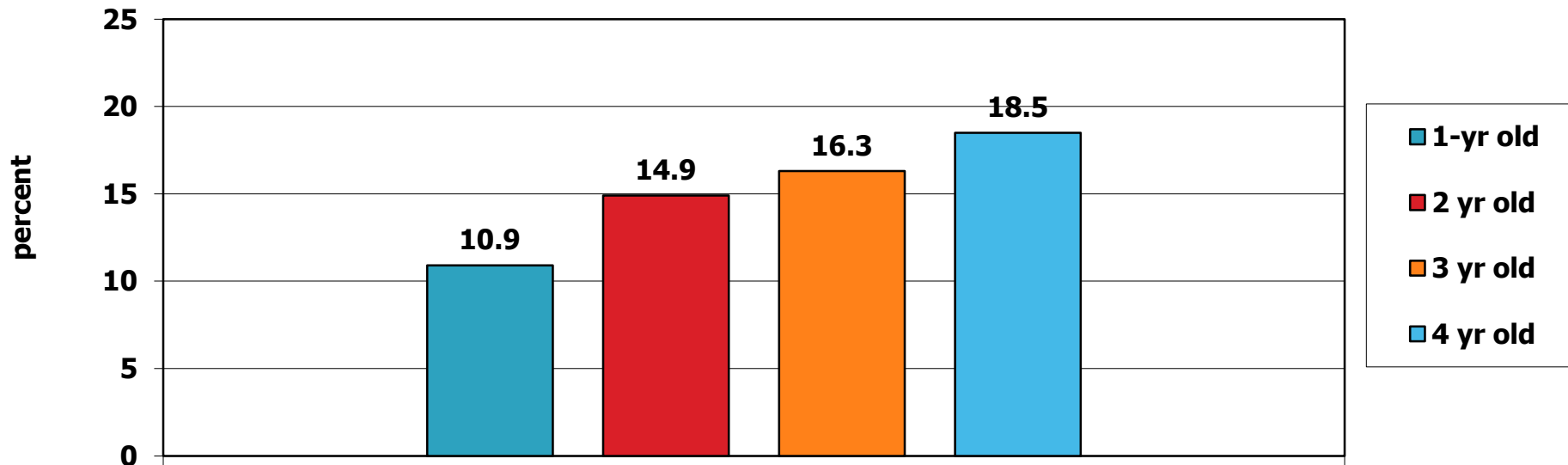


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Early sedentary behaviors

Proportion of children watching more than 2 hours of television per day*

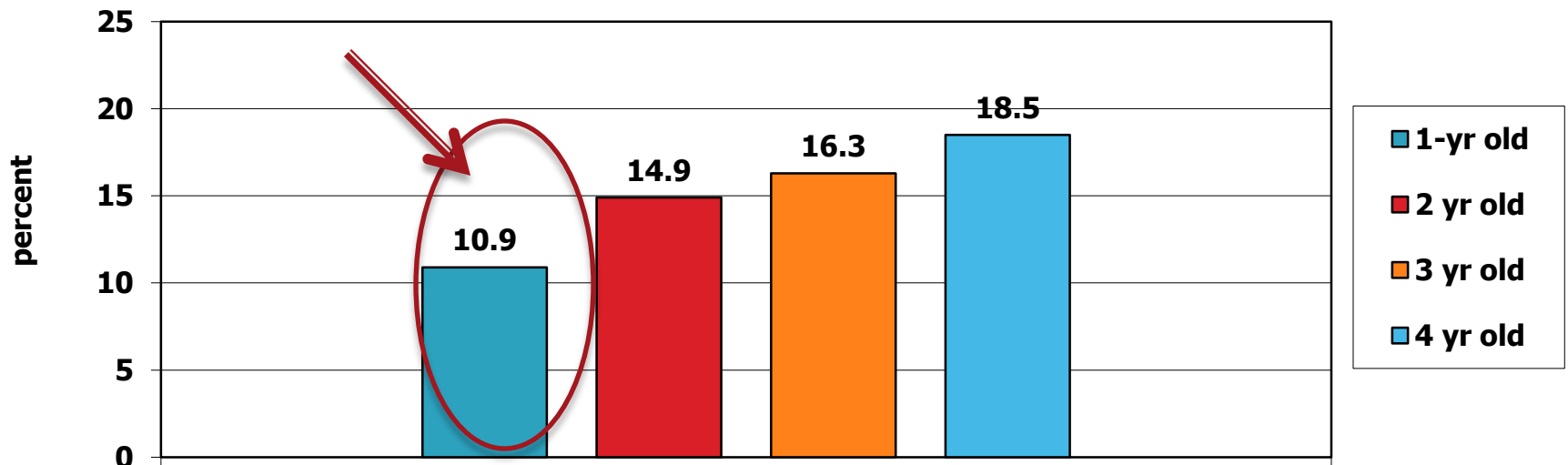


*Dennison BA, Pediatrics, 2002 Jun; Vol. 109 (6), pp. 1028-35

Early sedentary behaviors

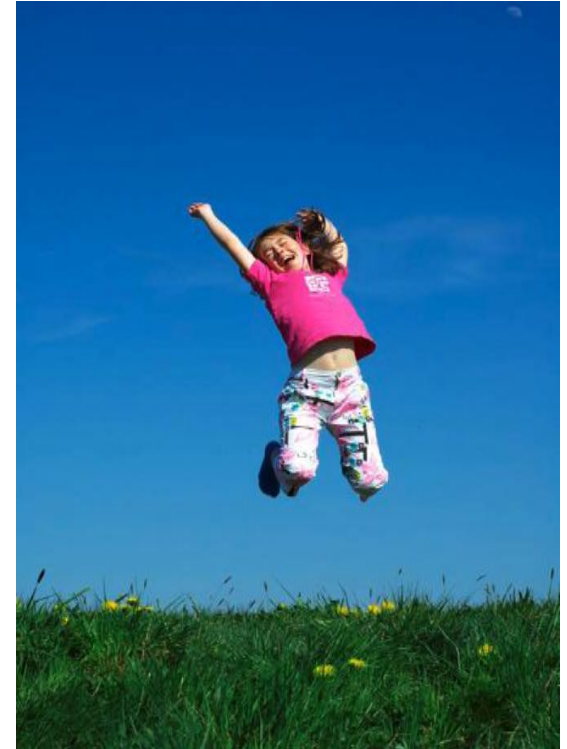
Proportion of children watching more than 2 hours of television per day*

InFANT study (2010) 10.8% of 18 month olds watching > 2h/d (n=250)



*Dennison BA, Pediatrics, 2002 Jun; Vol. 109 (6), pp. 1028-35

NC Policies to Increase Physical Activity



Division of Child Development Requirements

- ▶ Activity Schedule Outdoor Plan
 - All children must play outside at least once per day
 - Under 2 years of age– 30 minutes
 - Two years of age and older– 1 hour



10NCAC 09 .0508

Activity Schedule

- ▶ Must include at least one daily gross motor activity
 - Indoors
 - Outdoors
 - All ages

10NCAC 09.0508



Activity Areas: Screen Time

Under 2 years of age

NONE

2 years of age and older

2 ½ hours/ week



10 NCAC 09 .0510 &.0511

Screen Time

- ▶ Screen time must
 - Only be offered as a free-choice activity
 - Used to meet a developmental goal
 - Be monitored



NCAC09 .0510, .0511 & .2508

Public Health Opportunities to Influence



Physical Activity



Nutrition



Child and Adult Care Food Program (CACFP)

- ▶ Child Care Centers– 2,100+ Centers
- ▶ Family Day Care Homes– 2,700+ homes

On going staff training and support of physical activity licensing requirements.



Kids Eat Smart Move More

- ▶ Child Care Wellness Grant to NC CACFP
 - Statewide Policy Development
 - Improved Nutrition Standards for meals
 - Physical Activity Guidelines
 - Statewide Training and Technical Assistance
 - Nutrition and Physical Activity Self Assessment– NAP–SACC
 - Nutrition Standard Implementation
 - Menu development, food budgeting
 - Food preparation
 - Physical Activity Enhancements
 - Nutrition Education for staff, families and children



Local Child Care Grants

Competitive Application Process

- ▶ \$463,335 available funds
- ▶ \$ 2,500 grant for single center
- ▶ \$ 14,400 maximum for multi-center or multi-homes grants

Total of 185 grant awards



Local Child Care Grants

► To Date

- 50 grants awarded
 - Develop gross motor activity play area
 - Purchase portable small playground equipment
 - Partner with local fitness instructor for children and staff
 - Incorporate Be Active Kids®
 - Incorporate Active Play!
- Second round of grant applications announced

